



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09026, Apricots, canned, light syrup pack, with skin, solids and liquids

Report Date: May 22, 2017 01:57 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.71 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 253g	1 apricot half with liquid 40g
Proximates						
Water	g	82.56	104	0.135	208.88	33.02
Energy	kcal	63	--	--	159	25
Energy	kJ	264	--	--	668	106
Protein	g	0.53	56	0.016	1.34	0.21
Total lipid (fat)	g	0.05	10	0.006	0.13	0.02
Ash	g	0.37	25	0.017	0.94	0.15
Carbohydrate, by difference	g	16.49	--	--	41.72	6.60
Fiber, total dietary	g	1.6	--	--	4.0	0.6
Sugars, total	g	14.89	--	--	37.67	5.96
Minerals						
Calcium, Ca	mg	11	28	0.422	28	4
Iron, Fe	mg	0.39	37	0.033	0.99	0.16
Magnesium, Mg	mg	8	36	0.285	20	3
Phosphorus, P	mg	13	28	0.590	33	5
Potassium, K	mg	138	19	5.540	349	55
Sodium, Na	mg	4	19	0.418	10	2
Zinc, Zn	mg	0.11	--	--	0.28	0.04
Copper, Cu	mg	0.079	--	--	0.200	0.032
Manganese, Mn	mg	0.052	--	--	0.132	0.021
Selenium, Se	µg	0.1	--	--	0.3	0.0
Vitamins						
Vitamin C, total ascorbic acid	mg	2.7	165	0.087	6.8	1.1

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 253g	1 apricot half with liquid 40g
Thiamin	mg	0.016	36	0.000	0.040	0.006
Riboflavin	mg	0.020	31	0.001	0.051	0.008
Niacin	mg	0.304	31	0.009	0.769	0.122
Pantothenic acid	mg	0.092	--	--	0.233	0.037
Vitamin B-6	mg	0.054	--	--	0.137	0.022
Folate, total	µg	2	--	--	5	1
Folic acid	µg	0	--	--	0	0
Folate, food	µg	2	--	--	5	1
Folate, DFE	µg	2	--	--	5	1
Choline, total	mg	1.8	--	--	4.6	0.7
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	66	148	1.520	167	26
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	789	--	--	1996	316
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	7	--	--	18	3
Vitamin A, IU	IU	1322	148	30.399	3345	529
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	26	--	--	66	10
Vitamin E (alpha-tocopherol)	mg	0.60	--	--	1.52	0.24
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	2.2	--	--	5.6	0.9
Lipids						
Fatty acids, total saturated	g	0.003	--	--	0.008	0.001
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 253g	1 apricot half with liquid 40g
16:0	g	0.003	--	--	0.008	0.001
18:0	g	0.000	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	0.021	--	--	0.053	0.008
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.021	--	--	0.053	0.008
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.010	--	--	0.025	0.004
18:2 undifferentiated	g	0.010	--	--	0.025	0.004
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.009	--	--	0.023	0.004
Threonine	g	0.019	--	--	0.048	0.008
Isoleucine	g	0.016	--	--	0.040	0.006
Leucine	g	0.031	--	--	0.078	0.012
Lysine	g	0.037	--	--	0.094	0.015
Methionine	g	0.003	--	--	0.008	0.001
Cystine	g	0.002	--	--	0.005	0.001
Phenylalanine	g	0.022	--	--	0.056	0.009
Tyrosine	g	0.012	--	--	0.030	0.005
Valine	g	0.019	--	--	0.048	0.008
Arginine	g	0.021	--	--	0.053	0.008
Histidine	g	0.009	--	--	0.023	0.004
Alanine	g	0.026	--	--	0.066	0.010
Aspartic acid	g	0.122	--	--	0.309	0.049
Glutamic acid	g	0.054	--	--	0.137	0.022

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 253g	1 apricot half with liquid 40g
Glycine	g	0.016	--	--	0.040	0.006
Proline	g	0.032	--	--	0.081	0.013
Serine	g	0.031	--	--	0.078	0.012
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0